

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# October 2016

## Emmitsburg Senior Center

B1

	2	3	4	5	6	7	8
		Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30 -3 Pickle Ball 3:30	Strength Training @ 10  Towson Nursing Students here	Walkers @ 9am  Yoga 10-11am  Bridge @12:30	Center Closed	Center Closed  Groceries For Seniors @Frederick Senior Center 1pm	
Monday the 10 <sup>th</sup> Dinner Out	9	10 Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30 -3 Pickle Ball @3:30	11 Strength Training @ 10  Word & Trivia @11111	12 Walkers @ 9am  ELDER EXPO Frederick Fairgrounds  Yoga 10-11am	13 Center Closed	14 Center Closed	15
October 21 <sup>st</sup> Segway Indoor Ride	16	17 Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30 -3 Pickle Ball 3:30	18 St, Training @10 Nurse Steve/BPs. Meds - When & how, does it matter ?	19 Walkers @ 9am  Yoga 10-11am  Bridge @ 12:30	20 Strength Training @ 10 Students from Sheppard University nutrition survey	21 Walkers @ 9am  Current Events  Canasta @12	22
October 28 <sup>th</sup> Hollabaugh Bros. Farm Tour	23	24 Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30 -3 Pickle Ball 3:30	25 Strength Training @ 10  Michele Wilson Voter outreach	26 Harvest Celebration 10:30-2pm	27 Center Closed	28 Walkers @ 9am  Current Events  Canasta @ 12	29
L	30	31 Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30 -3 Pickle Ball 3:30	Trips coming up in November: *Bealle-Dawson House & Stonestreet Museum of 19 <sup>th</sup> Century Medicine. Friday Nov. 4 <sup>th</sup> \$35.00 person *Dollies Tea Room Friday Nov. 18 <sup>th</sup> , \$45.00 person Trip registration opens Oct. 4 <sup>th</sup> at center or online at <a href="http://frederickcountymd-gov.3dcartstores.com">http://frederickcountymd-gov.3dcartstores.com</a>				

